



"A Different Kind of Pharmacy"

Monday - Friday: 10am - 6pm

Saturday: 10am - 4pm

Sunday: Closed

Healthy Living Naturally

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Summer Health

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As we approach the middle of summer with an abundance of family outdoor activities such as sports, swimming, sunbathing, hiking and camping, it is time to also consider protective strategies to safeguard you and your loved ones from one of the most common dangers of summer – skin cancer.

According to the CDC, skin cancer is the most common form of cancer in the US and has the fastest growth rate amongst other types of cancer. Melanoma, the most aggressive skin cancer, is responsible for most skin cancer deaths with over 9,000 cases each year. Sadly, skin cancer is mostly caused by risk behaviors, i.e. sun exposure with inadequate protection. But the good news is that with adequate knowledge and proper protection, skin cancer is preventable. The following tips, in order of priority, can help you and your loved ones minimize the risk:

1. Sun protective barriers:

- Sunscreen: Use a sunscreen that has SPF 15-30 and has full spectrum coverage (can cover both ultraviolet A & B rays). Zinc Oxide is effective, and is the most commonly used ingredient as well as the least costly sunscreen. Reapply every two hours.
- Wear light-colored protective clothing, such as long sleeve pants, shirts, and a hat.
- Protect your eyes with a pair of sunglasses that can block 100% of the UV A & B rays.
- Eat healthy oils, such as olive oil, which may help reduce sun burning.
- Use a skin-healing gel after each prolonged sun exposure.

2. Support a strong detoxification system by:

- Eating a balanced diet, including 8-10 servings of vegetables per day, preferably organic
- Drinking half of your body weight in ounces of purified water daily
- Taking a quality, full spectrum multiple vitamins and minerals daily
- Exercising moderately for 30 minutes, five days a week
- Reducing or eliminating exposure to toxins
- Sleeping at least 7 hours per night, best before 11:00PM

3. Maintain a strong immune system by:

- Stress reduction, such as meditation, yoga, moderate exercises
- Whey protein, or Glutamine if you are allergic to dairy or are vegan
- Probiotics
- Green Tea Polyphenols (EGCG). Ask for our Green Tea-70, the highest EGCG concentration available without prescription.
- EPA/DHA
- Beta-glucans (from mushroom extracts or other sources)
- Calcium d-Glucarate (ask us for the popular Orenda Immune formula)

For patients who have had previous skin cancers or are currently combating one, abstaining from sugar intake or get treated for insulin resistance is also strongly advised. Our pharmacy carries comprehensive product lines to help you have a fun and healthy summer.



\$40⁹⁹

Hawaiian Moon Aloe, Pure & Organic
Family Size Jar (225 gm)
Original price: \$49.98

Aloe vera contains the healing properties which damaged or stressed skin needs and helps speed up new skin regeneration.

special Seminar

Growth Hormones & Your Health: How To Restore It Naturally

July 16th at 6:30 PM
at Our Pharmacy.
Refreshments will be provided.
Please RSVP.

Announcement

Optimal Wellness Pharmacy will be hosting our monthly Health Seminars every 3rd Thursday, from 6:30-8:30PM. We look forward to seeing you there!





Vitamin C
with Bioflavonoids

\$19⁹⁹
100 capsules

Vitamin C: An Overlooked Powerful Antioxidant

Vitamin C is among the most powerful antioxidants in humans as it reacts directly with superoxide, hydroxyl radicals and singlet oxygen. Vitamin C is essential for the optimal health of skin, blood vessels, tendons, joint cartilages and bones. In addition, it participates in the synthesis of important neurotransmitters such as Serotonin and Norepinephrine. Moreover, Vitamin C interacts with glutathione and alpha lipoic acid, protects LDL cholesterol from oxidation and regenerates vitamin E. Our Long-Acting Vitamin C with Bioflavonoids formula is one of the most superior formulations in the market. Due to the limited amount of absorption of Vitamin C (60mg to 100mg) through the small intestine, it is more effective if Vitamin C is taken in the sustained release form. Furthermore, the Citrus Bioflavonoid component of our formulation ensures that Vitamin C is absorbed and retained longer in the body.

Green T-70

\$49⁹⁹
60 capsules



Green tea is one of the most potent antioxidants that has an anxiety relieving effect as well as a broad antiviral activity against several enveloped viruses (attributed to epigallocatechin-3-gallate, EGCG). EGCG is one of the major flavonoids in green tea. Over the years many clinical studies have examined the role of EGCG in inhibiting viral replication and virus growth in HIV replication, hepatitis B & C, Epstein-Barr, influenza and, most recently, the Ebola virus. Our proprietary brand of **Green Tea -70** offers the highest concentration of EGCG available without a prescription (70%).

Stress Reduction: The Link Between Heart Rate Variability & Meditation

Article contributed by
Priscilla Diep



Heart rate variability (HRV) is the marker connecting variation in time between heart beat to risks of illnesses, including cardiac related deaths. In short, the less variable the heart rate is the more risk a person would have in developing strokes or other illnesses. If an individual has the ability to control HRV, he or she can reduce stress-induced cardiac and other risks of illnesses. One way you can practice controlling your HRV is to learn to exercise controlled breathing and relaxing techniques through meditation. Studies that correlate increased HVR to meditation published by Circulation Journal, an esteemed authority on cardiology, Stanford University, Frontiers in Human Neuroscience, along with many other sources, revealed that aside from helping individuals reduce stroke risks, a higher HRV can also reduce stress, anxiety, chemical dependency, as well as improve one's sense of well-being. While exercises (aerobic, endurance, or low-intensity) have been proven to increase HRV in patients with heart-related illnesses, meditation can also offer another beneficial option for patients who seek other mind-body-spirit option in the convenience of their homes.

From numerous research into meditation and HRV, it would appear that you can increase your HRV with almost any meditation practice, such as vipassana (mindfulness meditation), zen, and pranica meditation. As a novice in any field, however, it is highly recommended that you learn formal meditation with a trained teacher of meditation. A tech-

nique you try immediately is a simple 3-step breathing exercise, as shown below:

1. Sit comfortably.
2. Set the timer for three minutes.
3. Breathe in deeply and very slowly. Keep your mind focused on inhaling the positive energy from the environment, then exhale slowly to share your positive energy with your surroundings.

To monitor and compare your pulse rate over time, after setting the timer in step 2, find a strong pulse either on your wrist or neck, and count your pulses as you inhale deeply and exhale slowly. Write down the number of pulses down once the time is up. This exercise can be done anywhere – in a park, on your couch at home, in your backyard, at the office, even in the bathroom!

To learn more about meditation practices that focus specifically on increasing HRV, the Institute for Applied Meditation on the Heart is a good place to start.

Preferred Providers Network

*Ranked by our patients
& other clinicians*

- ▶ Dr. Tracy Darling, MD of Laguna Beach. Dr. Darling specializes in BHRT, Chelation Therapy, hCG Weight Loss program, and nutritional solutions to a wide variety of health conditions. Office tel. (949) 610-9950.
- ▶ Dr. Brent Smith of A Chiropractic Corporation. Office tel. (949) 552-1172.
- ▶ Dr. Konstantinos Melahoures, MD, Internal Medicine. Office tel. (949) 951-7111.
- ▶ Dr. Tamara Kurmanlieva, MD of Tumesh For Optimal Health. Office tel. (949) 387-8422.
- ▶ Dr. Allan Sosin, MD, Internal Medicine, Nephrology, Integrative. Office tel. (949) 600-5101.

Optimal Wellness Pharmacy is participating in SolePerks. Please take advantage of our discounts offered to all Sole Team members.



Personalized Medicine of the 21st Century

When the Human Genome project first started in 2003, it stirred up a lot of excitement from the public worldwide. Since then, scientists have accumulated a massive number of genes and genetic data identified in all human races. From these discoveries, pharmacogenetics and pharmacogenomics, although not new concepts, have once again surfaced as emerging science to help decipher why some patients respond differently to medications than other patients and why some have higher risks of certain diseases.

So, what exactly is pharmacogenomics and how does it benefit patients? Imagine for a moment that your child is diagnosed with cancer and requires chemotherapy. If your child carries a variant gene or Single Nucleotide Polymorphism (SNPs), a standard dose would be 10 times too much for your child. In other words, your child can only tolerate 7.5mg whereas the standard dose is 75mg. Would you have your child be given chemotherapy and wait to see if he/she develops adverse drug reactions, which can be severe or fatal, or would you have your child tested for genomic variants so the right treatment or right dose can be administered for optimal efficacy with minimal risk of severe side effects? The choice is clear. Another example would be a patient was prescribed a drug to prevent clotting but carries a gene variation that prevents such drug (Plavix or Clopidogrel) from converting to its pro-drug state to active metabolites to achieve therapeutic benefit for the patient. Other areas where pharmacogenomics can be applied to treat patients include asthma, depression, pain management, oncology, Alzheimer's, and new drug developments.

From an integrative approach, pharmacogenomics testing can also be used to understand innate causal metabolic deviations resulted in chronic diseases such as auto-immune disorders, heart diseases, hormonal disorders, metabolic disorders, as well as psychiatric illnesses. Pharmacogenomics also provides tools for risk detection and disease preventive strategies from metabolic and anti-aging approaches. One popular test is the study of an individual's DNA telomeres, which some studies have shown to have a correlation with cellular aging and, thus, a person's risks to chronic illnesses. Another test you might have heard your doctor mentioned is DNA Methylation which is very important in disease/cancer prevention.

Pharmacogenomics studies can benefit patients in tailoring the right therapy for the right patient and at the right dose. In essence, it is the personalized approach to patient care and can minimize the risks of adverse events or polypharmacy (the use of multiple drugs to treat a condition). It takes the guesswork out of patient care and improve a patient's outcomes. Pharmacogenomics also helps provide clinicians tools to determine the causes of diseases and a patient's risks to particular ailments as one ages. Call our pharmacist today to schedule a 10-min consultation to find out if Pharmacogenomics Testing may be beneficial to you.

Detox & Weight Loss

- Can't lose weight despite all of the dieting & exercise?
- What factors inhibit weight loss?
- Introduction to safe & effective weight loss programs

Unsuccessful weight loss can be caused by hormonal imbalance, toxins accumulation, deficiency in growth hormones, and insulin resistance. Without addressing the causal and contributing factors of weight gain, many patients regained the lost weight, even after being treated with HCG. If you are interested in a healthy, affordable and long-lasting weight loss program, inquire about our popular weight loss program. Money back guarantee within 30 days.



Get 20% discount on your next purchase, including consulting services, any time you refer someone to come in and use our services. So, make sure your friends mention your name when they make a purchase.

Note: Discount applies to regular priced products only.

Pharmacogenomic Testing: Are You A Candidate?

We Offer Specific or Comprehensive Panel:

- Cardiogenomic
- Estrogenomic
- Neurology (Psychotropic) Panel
- Pain Management
- Detoxigenomic
- Immunogenomic
- Telomeres
- Oncology Genomics

Talk to our Pharmacist at Optimal Wellness Pharmacy to see which tests are right for you.



Orenda Immune – Immunity at the Cellular Level



Orenda Immune is the first and only product of its kind to address immunity at the cellular level. Its proprietary blend contains Calcium d-glucarate, Beta 1,3 Glucans, and Muramyl Peptides. Orenda Immune is an excellent supplement for those who are looking to boost their bodies' natural defenses, as well as for detoxification from the inside out. For pricing information and to learn more about the Orenda Ultimate program, please call our staff for more details.

FREE Vitamin D For All New Patients!



*Limited Time Offer
For July 2015*

Vitamin D is not just a vitamin but also a pro-hormone that is much needed by our body. Vitamin D is critical for a well-functioning immune system as well as strong bones. Vitamin D deficiency is linked to autoimmune disease, osteoporosis and many cancers, including breast, colon and prostate. Cholesterol is a precursor

of Vitamin D, so if you are taking cholesterol-lowering medication, consider Vitamin D supplementation. Long-term Vitamin D usage requires monitoring. Have questions on whether or not you have an adequate level of Vitamin D? Call our pharmacist for a 10-min complimentary consult today.

BULLETIN BOARD

Our patients can now order all Metagenics products on-line and get free shipping plus loyalty discounts. Simply log on to our website at: www.OptimalWellnessRx.Metagenics.com. All first orders will received a 20% discount. All subsequent Auto-ship orders will received 10% off.

Our widely loved Penetran Plus cream is on Fire Sale for \$10 vs. the regular price of \$15⁹⁵. Banishing arthritis pain quickly without drugs or needles with Penetran Plus. According to Dr. Stanley Jacobs of Oregon Health Sciences University, "Patients widely report that sore, stiff or inflamed joints respond remarkably to MSM,

as do bursitis and rheumatoid arthritis." Please come in and get yours before supplies run out.

FREE Health Seminars! We will be providing health seminars at our pharmacy on every 3rd Thursday of the month at 6:30PM. Please note the following topics for this summer:

- **July 16:** Growth Hormones & Your Health: How To Restore It Naturally
- **August 20:** When You Should, or Should Not, Immunize
- **September 17:** Your Genes & Cardiovascular Health



The Flavor of Summer: Coconut & Avocado Ice Cream

Ingredients:

- 2 large avocados
- 2 (13.5 oz) cans organic coconut milk
- ½ cup raw sugar or ½ teaspoon Stevia
- 1 tablespoon lime juice
- 2 teaspoons lime zest

Instructions:

Refrigerate one can of coconut milk overnight, at least 12 hours. Open the refrigerated can of coconut milk the next day and carefully skim off the thick layer of coconut cream at the top and add it to a blender or food processor. Save the watery liquid that's left in the can to be used in smoothies or recipes that call for coconut water or light coconut milk. Cut each avocado in quarters lengthwise, remove the pit, and scoop out the flesh (or peel off the skin) into a blender or food processor. Add the remaining can of coconut milk and sugar. Blend on low until completely smooth. Stir in the lime juice and zest.

Transfer the mixture to an ice cream maker, and churn according to the manufacturer's directions. Cover and freeze for at least 2 hours before serving, so the ice cream can become more firm. If you don't have an ice cream maker, then transfer the mixture to a glass bowl, cover it, put it in the freezer, and stir it about every 30-45 minutes. The ice cream will be ready within 3-4 hours.

